

Scenario Enabling Adaptability

SEA # 3

"Military Policeman"

- I. **Case Study:** "Very few people have ever been killed with the bayonet or saber, but the fear of having their guts explored with cold steel in the hands of battle-maddened men has won many a fight."-**PATTON**

You are scared to death. You may actually have bruises later from the insides of your knees clacking together. You are the new guy in the platoon and you are beginning to question your worth as a soldier. The other guys give you a hard time every day because you're the "cherry" and you don't know jack about life in the Army. Not necessarily in a mean way, they're good guys, but you're still getting tired of it. And now here you are about to take part in your first urban combat mission. This is your chance to do something right, to show them that you can be counted on when it really matters.

As you stack up at the entrance, your heart is pounding like a blown tire at 80 miles an hour...BOOOOM!!! The small explosive charge goes off, cutting a neat hole around the doorhandle and deadbolt. The door blows inward and you barely have time to think it odd that the lock and handle are still hanging from the doorjamb when everything goes wrong at once. This was supposed to be a simple mission made simpler by the element of surprise...but evidently nobody let the bad guys know that. Somehow instead of being asleep in their bed like they should be at this hour of the night, someone is trading bullets with the first guy through the doorway. There's no time to hesitate though, so you follow him into the room on pure adrenaline, praying that this madness will end quickly and on our terms.



As you sidestep through the door and begin to check your sector you see one bad guy down and another just raising his rifle toward your buddy, who has taken a shot in the body

armor and is on his knees, wheezing and scrambling for his dropped weapon. Screaming something that makes no sense, you put the red dot centermass and drop him just before he pulls the trigger...spraying a few wild rounds into the baseboards of the wall as he falls.

Suddenly someone steps through an inside door and grabs you around both arms. The rest of your squad is screaming at you to get out of the way, but he has a deathgrip on you and as he slams you to the floor, the sling catches on an armchair and your M4 is pulled from your grasp. Your opponent is unarmed and as the rest of the squad continues to clear the room and the rest of the house you do what a million soldiers have done in bad situations since the beginning of time. You automatically fall back on your training.

As Habib rolls on top of you you bring both legs up and lock them around his waist while you work your arms free. Now that he is effectively in your GUARD, he releases your arms and grabs you around the throat in a classic "daterape" choke with both hands. "Bad move slick" you gasp contemptuously as you secure one of his straightened arms with your right hand and reach down and grab his right thigh with your left. Raising yourself onto only the small of your back to make it easier to turn, you release your guard and spin yourself to the left. Your right leg swings up and over your unfortunate victims' head, coming alongside your left leg on top of his face. Furious that you are fighting on your back when you had only wanted this raid to go well and everyone to come home safe, you straighten your entire body, pulling the arm back into your chest and arching your hips quickly up toward the ceiling. "Ouch", you think to yourself as you hear the wet pop that signifies an end to this guys' career on the Iraqi tennis circuit.

As he screams in pain and begins sputtering something that obviously means "I'm not having fun anymore" in arabic, you realize that in the space of a few seconds your buddies have secured the premises and are watching you in stunned silence. "Holy shit, Holmes... You broke that dudes arm", Garcia says, giggling nervously as he checks the other bodies for identification and anything of intelligence value. Thankful that this turned out well, after a hair raising beginning, you just shrug and say "Yeah, well, I owe it all to Drill Sergeant Rob."

II. Background and goals (Teacher refer to Instruction of Adaptive Leaders handbook):

a. What do we want the student to understand?

1) Adaptability SEA emphasizes here

a) Mental agility

(1) The successful fighter must also maintain a mental balance.

(2) He must not allow fear or anger to overcome his ability to concentrate or to react instinctively in hand-to-hand combat

b) Physical agility

- (1) Contribute to individual and unit strength, flexibility, balance, and cardio respiratory fitness
- (2) Build courage, confidence, self-discipline, and esprit de corps.

2) Learning Adaptability does not have to be limited to “Green” scenarios.

III. Description:

a. What do we do? You are a Military Police Officer at Fort Benning assigned to traffic duty. You are driving a patrol car, along a major but un-kerbed road, off main post east past Sand Hill. The area beside the road is tall grass and there is about 10' of rough grass, a drainage ditch, and a three-strand barbed wire fence, before open fields. It's 1600hrs on a fine clear day and there is not much traffic. You are equipped with all the standard equipment carried by a MP, your belt kit includes, baton, pepper spray, handcuffs, a .9mm revolver (loaded) and spare ammunition, loose in a pouch. You carry a shotgun in the vehicle and spare ammunition for both the S&W and the Shotgun; there is also a spare pair of handcuffs in the glove box.

As you drive down the road a car pulls out from a side street in front of you, swerving all over the road. The passenger throws what appears to be a bourbon bottle out of the window. You can see two people in the car; the passenger appears to be female.

You call it in to HQ, who tell you the car is licensed and there are no warrants or priors against the registered owner. Then turning on your lights and siren, you attempt to pull the car over. As you come alongside you confirm that the driver is a male approx. 30 years of age, the passenger is female perhaps 25 years old, and both appear to be extremely drunk.

The driver acknowledges your presence and attempts to pull over to the side of the road, in the process letting the car slide into the drainage ditch that runs alongside the road. The car was at that stage going very slowly and no one appears to be hurt. The car has stopped with both offside wheels in the ditch; this prevents the passenger door from opening.

Both occupants are laughing hysterically and pass a bottle of bourbon between them as you pull in behind their car. You notify HQ on the radio and ask for a tow truck and some backup, they tell you that the tow truck will be around 30 minutes, and backup not less than 10. You decide that the people in the car look reasonably harmless and decide to approach them without waiting.

You approach the car carefully with your right hand resting on the butt of your gun, but the occupants of the car seem to have forgotten about you, they are laughing and drinking from the bottle, both squashed to the passenger side of the car by the angle. As

you get close enough you notice a trickle of blood on the face of the female, she may have hit her head on the window frame when the car slipped into the ditch.

You ask the male to step from the car, he complies with some difficulty, and you position him on the front fender of the car and ask the girl if she’s all right. She replies affirmatively. You switch attention to the man who is having difficulty standing and is leaning against the front of the car heavily, he has gone pale and you’re not sure if it’s shock or he’s going to puke. You try to talk to him but he does not respond coherently, as you are talking to him you keep an eye on the woman. The man is around 5’10” and maybe 175lbs, thin, with long dark hair. You put the woman at 5’2” and 125lbs; she’s wearing jeans and a t-shirt. They both look clean and presentable; you wonder what they’re celebrating.

She calls out to the man, waving the bottle, and he tries to re-enter the car, you place a hand on his shoulder and ask him to stay where he is, he turns and throws a long looping punch that is so slow you can see it wobble in the air as it comes toward you. You easily block the punch and turn the man around so he is half lying across the hood and reach for your handcuffs. Whilst you do this, the woman tries to get out of the car and is screaming at you to “leave Bobby alone.” She manages to get out of the car just as you get the first cuff onto his wrist; he is beginning to struggle now.

b. Requirement:

What do you do? You must right down your solution right now in 30 seconds, “GO!”

c. Instructor Notes:

- 1) Before you read the situation,
 - a. Have each student label a piece of paper with their name at the top.
 - b. As soon as the this scenario is read, students right down their solutions in 30 seconds.
 - c. Time is up, each student passes their solution to another student.
 - d. As you select students to hot seat, they get their own solution back and come up and discuss what they did.
- 2) Be prepared to explain to the students:
 - a. You don’t have to use “green” problems only to teach people how to think. As a matter of fact, they already have likely had “green” focused scenarios only, and it is good to get them to learn to think in other areas.
 - b. You are teaching them to recognize patterns where others see chaos—to me, this is a definition of what a Leader is or should be. Yet, he must also learn to view the situation through the eyes of the enemy as well, allowing them to take action to limit the enemy’s

options and, therefore, reduce the amount of uncertainty that he or she must deal with. Make sense?

IV. Tools & Tasks:

a. Tools:

- 1) **Situational SEA delivered as a seminar (classroom)**
- 2) **This could also be done during a Combat PT session especially during combatives**

b. Tasks:

1)

IMPLEMENT THE ETHICAL DECISION MAKING PROCESS BOLC LN # 853

I	- Apply Leadership Fundamentals to Create a Climate that Fosters Ethical Behavior	158-100-1135
I	- Apply Ethical Decision Making Process as Commander, Leader, or Staff Member	158-100-1230
IV(unit)	- Comply with Department of Defense (DOD) Joint Ethics Regulatory (JER) Requirements	181-231-1001

2)

I	PROCESS CAPTIVES - BOLC LN #1075	191-000-0001
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3)

I	PERFORM COMBATIVES - BOLC LN #317	071-7171 / B
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V. Facilitation hints:

a. The following techniques are recommended:

- 1) “Choose the Student to present the solution”
- 2) “Hot Seat”
- 3) “Enforce the “Time Limit” Rule”

b. Possible questions: [these are only examples, every SEA will pose its own questions]

- 1) Why did you take that risk and not wait for back up?
- 2) What was your reasoning for that action?
- 3) What was your overall estimate of the situation?

- 4) What would you have done if...?
- 5) What were your assumptions?

VI. Insights: What did we learn?

a. Adaptability: [list here when and where during the scenario aspects of adaptability may occur]

b. Possible Student Solutions:

1) Key Students Issues that must at least touch upon:

- a. Underlying all combatives** techniques are principles the hand-to-hand fighter must apply to successfully defeat an opponent. The natural progression of techniques, as presented in this manual, will instill these principles into the soldier.
- b. Mental Calm.** During a fight a soldier must keep his ability to think. He must not allow fear or anger to control his actions.
- c. Situational Awareness.** Things are often going on around the fighters that could have a direct impact on the outcome of the fight such as opportunity weapons or other personnel joining the fight.
- d. Suppleness.** A soldier cannot always count on being bigger and stronger than the enemy. He should, therefore, never try to oppose the enemy in a direct test of strength. Supple misdirection of the enemy's strength allows superior technique and fight strategy to overcome superior strength.
- e. Base.** Base refers to the posture that allows a soldier to gain leverage from the ground. Generally, a soldier must keep his center of gravity low and his base wide-much like a pyramid.
- f. Dominant Body Position.** Position refers to the location of the fighter's body in relation to his opponent's. A vital principle when fighting is to gain control of the enemy by controlling this relationship. Before any killing or disabling technique can be applied, the soldier must first gain and maintain one of the dominant body positions
- g. Distance.** Each technique has a window of effectiveness based upon the amount of space between the two combatants. The fighter must control the distance between himself and the enemy in order to control the fight.
- h. Physical Balance.** Balance refers to the ability to maintain equilibrium and to remain in a stable upright position.

- i. **Leverage.** A fighter uses the parts of his body to create a natural mechanical advantage over the parts of the enemy's body. By using leverage, a fighter can have a greater effect on a much larger enemy.

2) Student solutions

- a. **Student Solution 1:** I would have myself positioned so that I could see both of them, I have my left hip against his buttocks, pushing him into the fender. his right arm is bent up behind his back, I am holding it with my left hand whilst using my right to apply the handcuffs. As the girl struggles to get the door open (remember the car is at an angle in the ditch) I use my right foot to push the door shut again, this should slow her down whilst I finish cuffing "Bobby". If she does get out I again use my right foot to push her away.

Once "Bobby" is cuffed I sit him down on the ground against the fender, hoping that she will relax now that she can get to him. I get the spare 'cuffs and medical kit from the car, and advise HQ what is happening.

If I cannot gently keep her away long enough to finish cuffing, I make distance and see what they do, If they settle down I'll leave them to it until help arrives. If not I draw my firearm and maintain distance whilst trying to talk to them. I attempt to get them to lie down, but if they want to wander off that's fine I'll keep them in sight until backup arrives.

- b. **Student Solution 2:** Picking up from where the angry female exits the vehicle, and the male suspect is struggling while trying to apply bracelets - First, male is in a wrist/elbow/shoulder lock to apply the one cuff, therefore I would abandon the cuffing attempt, use his arm as a lever, and place him between myself and the female, while reaching for my pepper spray and giving verbal commands. Number one priority is weapons retention at this point, for my safety and theirs. I do not want to have to wrestle someone for my revolver, and I don't want to have to shoot anybody.

If situation gets out of hand, I spray the female as she approaches, I spray the male I am holding, and hopefully one of them is incapacitated by the chemical. I then handcuff the least handicapped suspect.

If the spray has no effect, I break contact and retreat, drawing my weapon and ordering them onto the ground (I don't know if they have a weapon). While doing this, I move towards my vehicle. If they decide to run, they are in a rural agricultural area, so capturing

them should not be a problem. Let them run until backup arrives. They are not wanted, they have no violent priors. Do not force the situation.

- c. **Student Solution 3:** The male suspect is arm-barred for cuffing, and I would abandon cuffing and manoeuvre him between me and the female. I would also spray the female on her advancing, after a forceful warning to stop. An armbar, by itself, is actually one of the weaker holds. I always try to lock the wrist as well as the elbow, and try to sink the whole thing into the shoulder. If this has been accomplished, the male is under control and does not need to be sprayed. If the spray has the desired effect on the female, I would finish cuffing and escort the male to the squad car, putting him in the backseat. I would be checking for clamminess on the skin as well as other signs of puking. Wouldn't want to have to clean that up at the end of the shift.

As for the female, I would get the first aid kit out of the trunk, spare cuffs out of the glove box, radio base for an ambulance and ask for instructions on whether to treat the injury or not.

If the spray had no effect, let go of him and make distance, draw my firearm and try to talk to them. Keep them as calm as possible until assistance arrived.

- d. **Student Solution 4:** To put in my unqualified two cents, IF the lady is no longer holding the bottle (a big if!) couldn't most of us just ignore her long enough to finish cuffing? She's 5'2", for cryin' out loud, and any highly-advanced training she may have had is unlikely to show through in her drunken state...so, with a quick scan to ascertain the current whereabouts of the bottle I wouldn't care to be clobbered with, I try to verbally stall her while finishing the cuffing. (Should that whereabouts be in her angry little fist, and she make an aggressive motion with it or simply refuses to put it down, THEN it's pepper-spray time for all concerned. But I'd hate to do that on a slight woman, with a bleeding cut on her head, no less.)

Teacher Notes:

- a. Firstly a number of the responses advocated the use of pepper spray to subdue either the woman or both of them. This is probably a valid response but I would prefer to not use it especially on a small, injured, drunk woman. My preferred option is to not let her out of the car in the first place until I can concentrate on her fully.

b. This is always going to be a difficult situation and I don't believe that under the given circumstances there was much physical danger to you. He was not violent and the punch was probably a reflex action as you put your hand on his shoulder, she is not threatening with the bottle and possibly doesn't even know it is in her hand.

c. But you would have to be prepared for aggression, the last thing you want is to get into a struggle with two inebriated people. But remember you are in a public place, any overt violence on your part toward the woman could be seen by a passing motorist and land you in hot water.

d. I believe that if you let go of him and made distance, they would both calm down and probably ignore you as they consoled each other, you could leave them to it. It's a difficult call to make you would have to trust your instincts.

e. That's one of the benefits to thinking about the situation like this, you can try a number of options out and if you ever do get into the situation you have a range rather than one set response.

f. It would be easy to adapt this scenario to fit your needs, say if you are a club doorman, and get the full benefit, just remember these main points:

- Don't get caught up in the circumstances of the scenario, you have no control over why you are there, react accordingly.
- Don't think too hard, but be sure you do cover all eventualities.
- Give as much detail as possible, explain your actions and the rationale behind them.
- Most importantly, see it as a learning experience, look at all responses and if you like someone else's better than yours, study it and incorporate their techniques into your own training, who knows you may have to face the situation for real one day.

e. Next steps and recommendations:

- i. Incorporate such scenarios during Combat PT**
- ii. If students have taken combatives, confer with the instructor at what phase this should be played out.**

VII. Resource Considerations:

- 1) Free Play Force on Force (NA)**
- 2) TDG (NA)**

3) Seminar:

(1) Used in the classroom as a discussion

(2) Combat PT

(3) Safety precautions:

- a. General Safety Precautions.** The techniques of Army combatives should be taught in the order presented in this manual. They are arranged to not only give the natural progression of techniques, but to present the more dangerous techniques after the soldiers have established a familiarity with the dynamics of combative techniques in general. This will result in fewer serious injuries from the more dynamic moves.
- b. Supervision.** The most important safety consideration is proper supervision. Because of the potentially dangerous nature of the techniques involved, combatives training must always be conducted under the supervision of qualified leaders.
- c. Training Areas.** Most training should be conducted in an area with soft footing such as a grassy or sandy area. If training mats are available, they should be used. A hard surface area is not appropriate for combatives training.
- d. Chokes.** Chokes are the best way to end a fight. They are the most effective way to incapacitate an enemy and, with supervision, are also safe enough to apply in training exactly as on the battlefield.
- e. Joint Locks.** In order to incapacitate an enemy, attacks should be directed against large joints such as the elbow, shoulder, or knee. Attacks on most of these joints are very painful long before causing any injury, which allows full-force training to be conducted without significant risk of injury. The exceptions are wrist attacks and twisting knee attacks. The wrist is very easily damaged, and twisting the knee does not become painful until it is too late. Therefore, these attacks should be taught with great care and should not be allowed in sparring or competitions.
- f. Striking.** Striking is an inefficient way to incapacitate an enemy. Strikes are, however, an important part of an overall fight strategy and can be very effective in manipulating the opponent into unfavorable positions. Striking can be practiced with various types of protective padding such as boxing gloves. Defense can be practiced using reduced force blows. Training should be continuously focused on the realities of fighting.

VIII. Task Support Packages:

**ADD the Proponent TSPs behind this page per listed presented in section IV
“Tools and Tasks” of how to teach adaptability handbook**